

### Claims

1. A pair of goggles for swimming, diving or surfing, comprising of frames(1), lenses (2) and strap, the lenses (2) and the frames(1) being moulded integrally by a high rigid PC and a silica gel material.
- 5 2. A method to manufacture the goggles in accordance with claim 1, includes the following steps: to put the PC lenses inside the soft veil-shaped cavity; to inject a soft veil silica gel material (a kind of high rigid joint molding material) into the cavity, when the injecting temperature is controlled bellow 200~250°C and the injecting pressure is  
10 controlled at 40~50T/cm<sup>2</sup>.
3. A method in accordance with claim 2, the injecting temperature shall be controlled bellow 250°C, and the injecting pressure shall be controlled at 50T/cm<sup>2</sup>